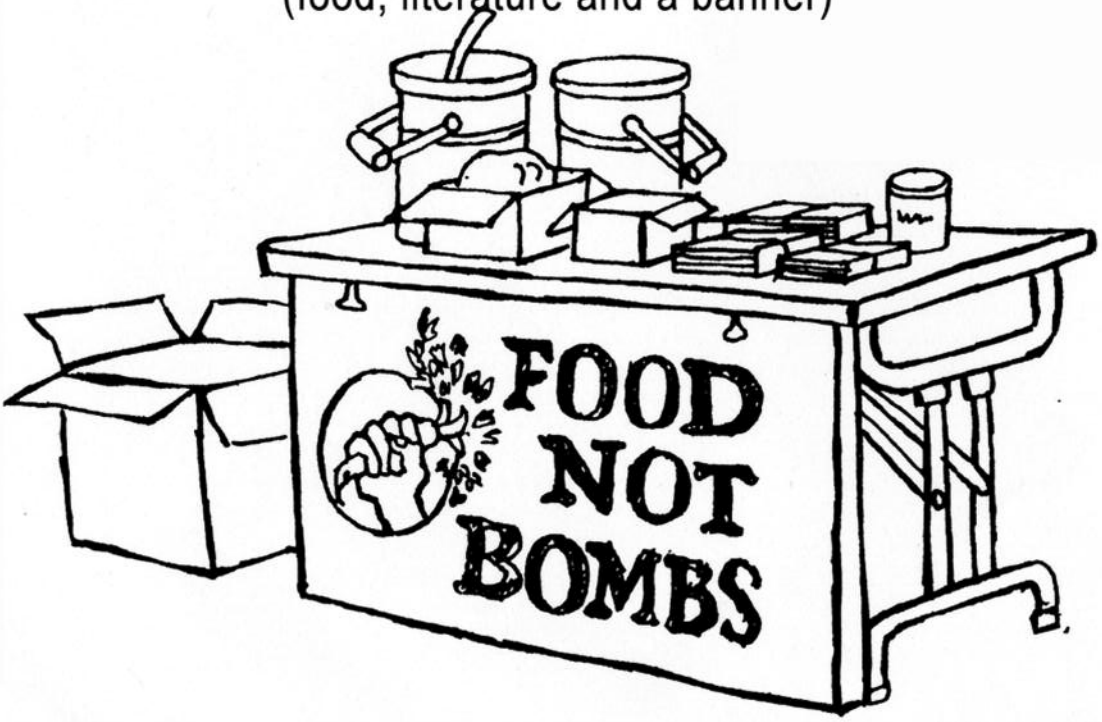
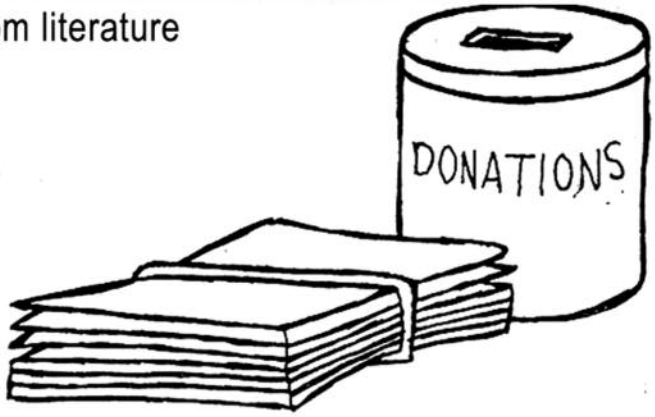
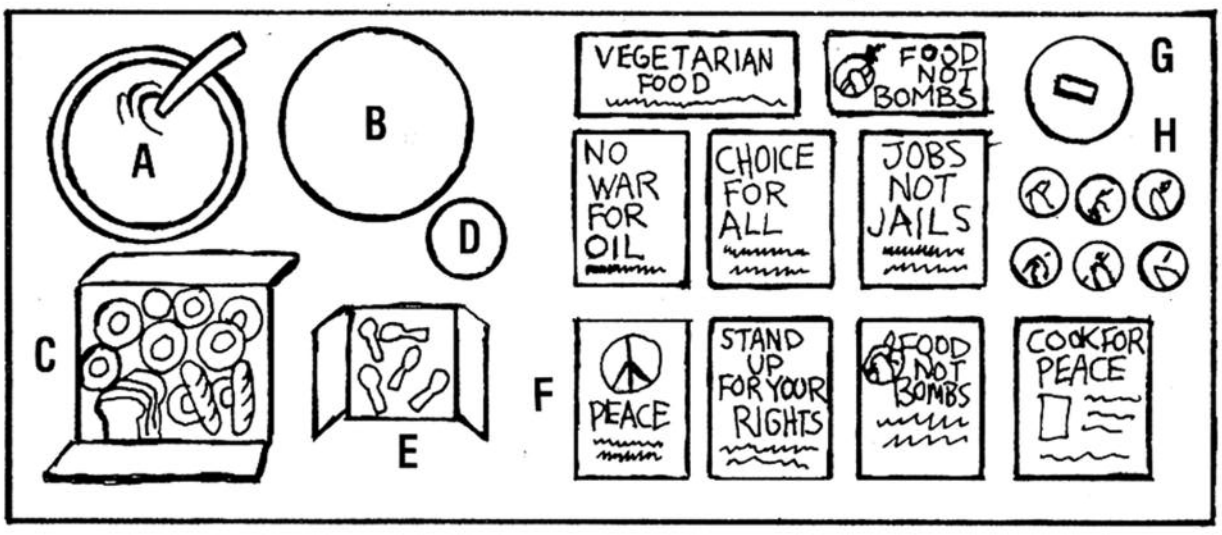
The Basic Food Not Bombs Table

(food, literature and a banner)

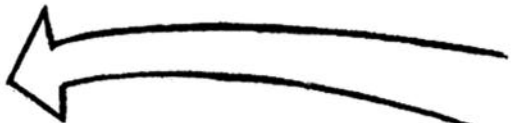


A. Hot Soup (wet) - keep away from literature
B. Salad or other dry food
C. Bread and bagels
D. Salt or other spices
E. Spoons or forks
F. Flyers, book & stickers
G. Donation can
H. Buttons





Suggest line pass by literature before the food so less food is spilled on the flyers



YOUR MEAL ISN'T A FOOD NOT BOMBS MEAL IF YOU DON'T HAVE LITERATURE AND A BANNER

SOLIDARITY NOT CHARITY

More than a meal, a meal with a message

The purpose of Food Not Bombs is to communicate in the most effective way possible with as many people as we can while providing free healthy vegan food to anyone without restriction. It has never been more important to initiate dialog with the general public about how we can solve the political, economic and environmental crisis threatening our future. At the same time having literature and a banner at every meal organized at the most visible location possible provides a safe place for everyone to enjoy a tasty meal without the stigma of needing to eat at a charity. You will feed many more people in need, get more volunteers and food donations and encourage more participation in local events and projects if you always have a banner and literature at your meals. If you don't have a banner and literature people passing by will assume you are a church group and not realize we are seeking to change society or interested in new volunteers. You will give the public the impression that you support the current system.

OUR NAME

Our name Food Not Bombs makes it clear that we could end hunger and poverty if we redirected our resources from the military and other wasteful programs to healthcare, education and social needs. The fact that there are hundreds of groups sharing the name Food Not Bombs increases the impact of our message and helps people identify with our effort to change society.

LOCATION

Choose a location where the most people will walk by. If you place your literature and food near train or bus stations, public buildings or at the entrance to a park where the most people possible are likely to pass you will reach many more people helping build a much stronger movement. If you set up in the center of a park or other location where very few people pass by you will have little impact and reduce the number of people that come to eat.

TIME AND DAY

If you choose a time when the most people possible pass by you will also increase the group's effectiveness and provide food to many more people. The best times can be noon to 2:00 PM or 4:00 to 6:00 PM. If you share food and literature for two hours or more it will encourage deeper conversations and inspire participation in the other valuable projects and actions for social change your chapter is supporting. It is also important to arrive on time. This shows respect to the people depending on your food and in turn the community will respect your chapter and be more willing to join you in protests and other projects. The day of the week may also be imprtant. Many downtown areas are empty of people on Sundays.

BANNERS OR SIGNS

Always bring at least one banner or sign that says "Food Not Bombs" so that the public knows you are seeking to change society so that no one is forced to eat at a soup kitchen. If you don't have a banner or sign people will assume you are a charity and it will reenforce the idea that there is no solution to hunger and poverty. Place the banner and signs in a location where as many people as possible can see it.

The police take the literature and banners to silence message of Food Not Bombs

LITERATURE

Your literature will encourage conversations about the important issues facing your community and can inspire participation to take action to change society. If one or more of your fliers includes your group's contact information it will help increase the number of volunteers and food donations. You can ask other comment groups to provide you with a stack of flyers about upcoming events or information about local issues. Many people passing by may have no idea that there are organizations working to change society since our issues are almost never reported on by the corporate media. For many people the Food Not Bombs literature table is their first introduction to social change. People will visit to get informed. This will also increase participation in your regular meals, concerts, protests and other community projects.

CULTURAL EVENTS AND GROCERIES

You can include music, puppet shows, and other creative cultural activities at some point during the your regular meals. This will decrease the feeling that you are a charity and encourage people passing by to enjoy your meal. Your cultural event can be an entertaining way to encourage the public to participate in changing society. The corporate media is bombarding the public with misinformation so it takes persistence and care to reach as many people as possible with an alternative. You can also bring free groceries to share. While the suggestions on this flyer may seem simple you will discover that by adopting these ideas you will experience a huge change in your community. The magnitude of problems we are facing are too great to ignore and the regular Food Not Bombs meal done well with banners, literature and cultural events at a high visibly location can make a huge difference.

With over a billion people going hungry each day
how can we spend another dollar on war?
Food is a right, not a privilege.

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www.foodnotbombs.net/flyers.html - 1-800-884-1136